

WIC Foods for Pregnancy

The new WIC foods help you and your baby meet today's nutrition needs. You can continue to enjoy milk, cereal, eggs, juice, peanut butter and beans plus fruits, vegetables and whole grains!

New
&
Improved!



Your New WIC Foods

- ♥ Are lower in fat and higher in fiber
- ♥ Improve the variety of foods available
- ♥ Promote healthy weight gain for you and your baby
- ♥ Are consistent with Dietary Guidelines and MyPyramid recommendations!

What You Will Receive:

GRAINS	FRUITS and VEGETABLES	DAIRY	PROTEIN
36 ounces iron-fortified cereal 1 pounds whole wheat bread Or other whole grain options	144 fluid ounces of vitamin C-rich juice \$8 cash value voucher for fruits and vegetables	22 quarts of reduced fat, lowfat or skim milk Or allowed substitutions	1 dozen eggs 1 pound dried beans or peas 18 ounces of peanut butter

We're WIC and we're here for you.

